

THE MILFORD MAILER

SEPTEMBER 2016



Fall officially starts September 22, and with the change of seasons, we will also begin our changes at the Senior Center. Our remodeling project is set to start on September 15. During the remodeling process we will be meeting at the Fire Hall Monday through Thursday, and at the Community Room of Linden Village on FRIDAYS. We will still be having our noon meals with sign up as usual, on Fridays the meal will be prepared by Linden Village.

Exercises and activities will continue as usual at the Fire Hall which include Tai Chi at 10:00 and Pitch at 12:45 on Tuesdays and Wii Bowling at 9:30 on Wednesdays. Senior Exercises will be held at 9:30 on Fridays at the Community Room of Linden Village.

Be sure to check out the community Bulletin Board on the next page for some new activities including Sunday Sundae and Sunday Movie Night. What a great way to celebrate National Senior Center Month!

Nancy Buchli, Senior Center Manager

Aging Services Newsletter

September is National Senior Center month, the theme for this year is, "Find Balance at Your Center".

Senior centers provide a welcoming space and opportunity to create and develop friendships that give added value to participants lives and an opportunity to enjoy life, laughter and feeling connected. Every day, older adults find balance and whole person wellness at senior centers through activities that promote physical and mental wellness, health education, support, and self-help. Seward County senior centers provide these opportunities to participants. The three centers in the county are Lied Senior Center of Seward, Milford Senior Center and the Utica Senior Center.

September 22 is the first day of Fall and designated as Fall Prevention Awareness Day. This year's theme is, "Ready, Steady, Balance: Prevent Falls in 2016". We want to raise awareness about ways to prevent fall related injuries among older adults. Tai Chi promotes better balance and fall prevention through a series of slow, steady movements that raise awareness of maintaining good balance. Tai Chi classes are offered at Milford Senior Center on Tuesdays at 10:00.

Kathy Ruzicka, Seward County Aging Program Manager 402-761-3593.

Sept. 8 – Brunch and Bingo

Hosted by Crestview

Sept. 9 – Foot Doctor 8:00am

Sept 11– Movie Night 7:00pm

Sept 14 – Wellness Wednesday

Sept 15– FIRST DAY AT THE
FIRE HALL

Sept 16– FIRST FRIDAY AT
LINDEN VILLAGE
COMMUNITY ROOM

Sept. 25 –Sunday Sundae

Sept. 26–Birthday Meal

*Musical Entertainment by
David & Janice Rockenbach*

Sept 28–Blood Pressure &
Sugar Level Checks 9:30

Tuesdays– Tai Chi & Cards

Wednesdays–Wii Bowl and
Hot Dish/Salad Bar

2nd Thursday– Brunch & Bingo
Fridays–Exercises

September Birthdays

2– Joanne TeSelle

10– Bonnie Daws

15– Coral Eberspacher

15– Shirley Heckman

19– Debra McGowen

21– Mildred Heyen

30– Vera Havener

Community Bulletin Board

MEDICARE PART D

Part D Open Enrollment runs October 15 through December 7 2016. You may begin receiving information with the updated changes for the new year, from your current plan by the middle of the month. Keep this information to review it and bring with you when you have an appointment to review the changes.

You may make appointments to review your Part D plan with Kathy Ruzicka, Seward County Aging Program Manager 402-761-3593

SEWARD COUNTY TRANSIT DAY TRIPS

Sept. 8-"Satchimo"-a tribute to Louise Armstrong

WHERE: Cotner Center, Lincoln NE

WHEN: Meal at 5:30, Program at 6:30
pick up time to be announced

COST: \$10 Meal and entertainment
\$10 Public Transit

Money for a possible stop at the University Dairy Store for ice cream.

Sept. 24-Lunch in Goehner at Chez Bubba followed by a visit to the Goehner Museum.

COST: \$10 Public Transit
Lunch is on your own
Free will donation at Museum

October 8th-Scenic Fall Drive

Starting with the Wild life Safari near Ashland, then cruise along the Platte River through Louisville toward Springfield where we will stop for lunch at "Trojan's" for great grilled shrimp or anything from their full menu. Last stop at Keith Hentzen's old fashioned Soda Fountain for ice cream.

COST: \$10 Public Transit, \$6 drive through Wild Life Safari, On your own for lunch & ice cream



Call Seward County Public Transit office for more information or to reserve a seat today! 402-643-4067

Sept. 9 8:00am- 9:00am

SIGN UP at the
Milford Senior Center
402-761-3367

Foot Doctor

FREE

MOVIE NIGHT

FREE

SUNDAY SEPTEMBER 11

6:00pm

Milford Senior Center

My Big Fat Greek Wedding 2

This is a comedy about a couple who discovers their marriage certificate was never signed.... which leads to an even bigger...Grecker wedding than the last when Maria decides to have the wedding she never had.

Popcorn & Drinks Provided

SUNDAY SUNDAE

SEPTEMBER 25th

5:00

Milford Fire Hall

Hosted by Milford Senior Center

FREE WILL DONATION

Come enjoy a light supper of hotdogs, chips and pop, then make your own Scrumptious Sundae!
Lots of toppingslots of fun!